

# NICU MOMS DESERVE DOULA SERVICES TOO!

## Postpartum Doula Services

### What's a NICU Postpartum Doula?

A NICU Postpartum Doula is someone who is there to partner with you throughout your NICU journey. We are here to support while you adjust to your new normal mentally, physically and emotionally. "As a former NICU mom, being able to relate to someone that truly understands the NICU life is priceless." -Jessica Wade



## CONTACT US TODAY!



Please visit our website [www.MightyLittleGiants.org](http://www.MightyLittleGiants.org) or scan the QR code to request additional information. You can also schedule a one-on-one consultation!

### MLG DOULA SUPPORT SERVICES

- Hospital/Bedrest Prenatal Doula Support
- Prenatal Doula Support
- Postpartum Doula Support
- NICU Postpartum Doula Support



# Support & Advocacy

NICU Postpartum Doulas can assist with making you feel included in your child's care as much as possible during their NICU stay. By having a Doula who was once a NICU parent can be very beneficial. Your doula can assist with answering questions you might have regarding the day-to-day NICU life, procedures, equipment, and can advocate with purpose and much more. Most of all, they can relate to your experience, which is priceless!



# Lactation Education

Lactation education is extremely important for new moms and babies, especially for our NICU moms and babies. Providing breast milk for babies in the NICU can be trying at times, due to the babies inability to latch onto the breast, due to feeding tubes, monitors and additional life-saving medical equipment. A Postpartum Doula can provide education on pumping, self expressing, bonding methods to increase breast milk, relaxation techniques to reduce stress, and so much more!



## Postpartum Doula Support

### Emotional Support

Emotional support is vital part of your NICU journey. A NICU Postpartum Doula will be able to stand in the gap and assist with the tools to decrease the outside stressors that can affect you internally. Postpartum Doulas can also provide local resources of support and comfort during this time.



### Natural Remedies

A Postpartum Doula can educate you on natural remedies and relaxation techniques to decrease stress, and how to center your energy and reset. The NICU can become stressful and weigh heavy on your spirit at times, so it's important to have an accountability partner to support and encourage your self-care and mental state of mind during this time.

